

Celebrity Buzz

Details of DJ AM's death come to light

pg 14



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Making themselves at home

WorldSkills competitors from around the world come together at SAIT campus

KRISTA SYLVESTER
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Becoming the first of its kind, the SAIT campus transformed into an Olympic-style village for competitors this past weekend for the WorldSkills Competition set to begin this week.

Over 900 competitors will essentially sleep, eat and play in the same campus complexes as one another, giving all the students a level playing field when it comes to competition over the 10-day trades event,

SAIT skills co-ordinator Pat Rokosh said.

"This is the first time this has ever been done, putting all the competitors in one place, because usually they stay in hotels throughout wherever they are, so this is a unique experience," Rokosh said.

Rokosh said another benefit is all competitors will have access to computers and resources such as the library.

Malaysian student Ayu Hamdan, 21, was touring the campus yesterday before embarking

on a city expedition and said through her interpreter Imma Ismail she preferred to stay with the competition.

"I like staying with people from the other countries because you can talk about their ideas and technologies and learn a lot from it, and it's of

course a lot of fun too," she said, adding she enjoyed meeting new people.

While Hamdan toured the city, many of the other world students took a trip to Banff in 20 buses, including Drumheller car-painting competitor Daniel Green.

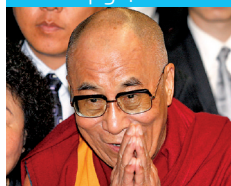
"I lived in Calgary for eight years before but I really like being able to hang out and meet the teams and get to know everyone," Green said.

As for Banff?
"Everyone seems to really love it, especially the people from other countries."



Shireenazura Abdullah, Khairunnisa Hamdan, Mohd Azuan Aziz and Imma Ismail, from Malaysia, have all moved into their dorms at SAIT as they get ready for WorldSkills 2009 in Calgary.

World pg 4



Dalai Lama visits Taiwan

Business pg 9



Christmas comes early for retailers

Workology pg 12

Inequalities at home still an obstacle

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Rodrigo Encina with Danilo Morales, 9, take a gander at the interior of some of the classic cars at the 7th Annual Bowness Auto Parts Show and Shine.

Classic cars out in droves for Bowness Show and Shine

AUTO Shiny Mustangs and colourful Corvettes were just a few of the hot rods on display in Bowness for the 7th Annual Show and Shine yesterday.

A couple hundred muscle cars and sunny weather

equalled the perfect recipe for the best show yet, according to organizer Bowness Auto Parts.

"We had 161 registered vehicles and a lot more people that just parked their cars on the streets. It was

great to see," Rob Lowery said.

Attending the Show and Shine for a second time were Al and Donna Lyon, who were standing proudly by their prized baby-blue '51 Chevy.

"We go to as many shows as we can, but we love the atmosphere here," Al said. "And it's great nostalgia for us old folks," his wife Donna added.

KRISTA SYLVESTER/
METRO CALGARY

Nesting rat found in NE

KRISTA SYLVESTER
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RODENT After confirming a rat was discovered in the city's northeast and finding signs of nesting, city bylaw has alerted the community to be on the lookout for more detested rodents.

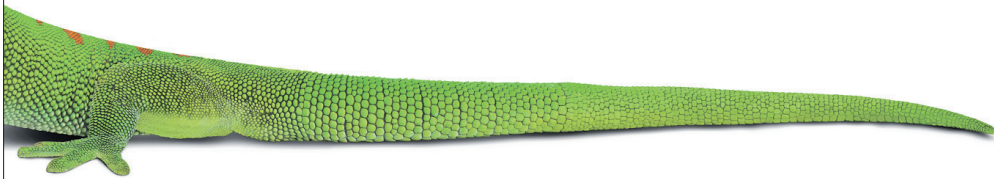
Bylaw director Bill Bruce said a citizen found the wild Norway rat breed in their shed last week. Officials euthanized the animal and will monitor the area for the next three weeks after finding signs of burrowing and nesting.

"We don't want an infestation, so we take these things very seriously," Bruce said, referring to the province's rat border-patrol program, which has been in place since the 1950's.

"It could have been brought in from another province on a trailer or something," he added. "People should watch for signs of feces, which would be larger than normal mouse droppings."

Bill asked anyone who has seen a rat or what they think is a rat to call the city. Officials will then determine the species.

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Stabbing sends man to hospital

An alleged employee and employer dispute may have led to a stabbing that sent one man to hospital in serious condition Saturday evening. The incident occurred near 18th Avenue and Centre Street North. **METRO CALGARY**

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Local



Greenspan coming to Calgary

Tickets for a luncheon presentation with Dr. Alan Greenspan, left, will go on sale today for the November event at the Calgary Stampede BMO Centre. Greenspan is an American economic analyst who has helped shape the course of economic policy. Tickets can be purchased at all Ticketmaster locations for \$325 each. **METRO CALGARY**



News in brief

DEPORTATION An emergency stay was granted late Saturday evening in the case of alleged gangster Jackie Tran. The decision allows Tran to stay in Canada until further applications for his deportation are heard. Last week, lawyer Raj Sharma had indicated his client received word the Canadian Border Service Agency would be deporting him to Vietnam within the next several days.

HIGHRISE The Calgary Fire Department's High Angle team secured and removed glass hanging hazily from an under-construction Calgary skyscraper at 201-10 Ave. SE.

CLEANUP Divers from the Canadian Naval Reserves HMCS Tecumseh will help kick off the 16th annual TD Great Canadian Shoreline cleanup tomorrow at St. Patrick's Park by the Calgary Zoo. Previous cleanups have recovered fireworks, coconuts and shopping carts.

CORRECTION In Thursday's edition of Metro it was incorrectly reported that Calgary students were returning to school early because of the World Skills Cultural Celebration. It should have read that students were returning to school early because of the World Skills Competition which takes place Sept. 1 to 7. Metro regrets the error.

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Moving in and moving on

KRISTA SYLVESTER
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Bittersweet for one and exciting for the other — that's how one mother described University of Calgary move-in day yesterday.

Armed with Ikea lamps, mirrors and a van, Colette Anderson helped moved her 17-year-old daughter into the city campus all the way from Frontier, Sask. yesterday and said the experience was exciting but sad.

"I am happy for her, it's good for her, but it's sad for me, I'm going to miss her like most of the parents here," she said.

"But I went to university years ago and I know it's a very positive thing."

Daughter Lindsey Anderson, on the other hand, was excited and looking forward to getting to know her campus and classmates, noting Frontier, Sask. only has 350 people.

"I think it's exciting and



Lindsey Anderson, 17, with the help of her sister Rachel, 19, decided what to take up to her new place as students from all over move into University of Calgary residence for this coming semester.

nerve-wracking, too, but I'm really looking forward to it," she said, adding her older sister Rochelle also goes to university.

Asked whether she would prefer to study or party, the urban studies

student said she can juggle both.

"I will work when I need to work, and socialize when I can. I don't get easily distracted."

Many other students scrambled to move their

belongings into their new homes for what could be the next four years, for some, student Andy Rollins said. "May as well start enjoying it now, I can't wait to meet everyone," Rollins said.

Remembering Teri through Facebook

AMY GREGSON
for Metro Calgary

DEATH Social media memorial groups appearing on sites like Facebook to honour one's life have become a popular way to remember lost loved ones.

However, once someone passes on his or her per-

sonal page may remain active, as is the case in Teri Murray, a Calgary Stampede Princess who died in a car accident in February.

Teri's friend Jenn Mansell said this has allowed people send messages daily to Teri as a part of the grieving process.

"You're sending a message to someone you know

will never get them, but in a way you're talking to them. It helps."

Alyna Reesor from the Calgary Counselling Centre said memorials on Facebook both have positive and negative effects. Benefits include the accessibility of Facebook. "They are expressing their thoughts and feelings in a way that

is relatively safe, and they also feel connected in their grieving so they don't feel alone," Reesor added the memorial posts can be negative, because comments can't be assessed to see if help is needed.

A trust fund entitled the Teri Murray Trust has been set up at any Bank of Nova Scotia.

Fire at Coca-Cola brings Arson Unit

DARREN KRAUSE
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INVESTIGATION The Arson Unit was called in to investigate a fire in the city's southeast yesterday morning.

The fire department responded to the blaze in the 3800 block of 23 Street NE around 9 a.m.

yesterday for reports of a building fire, with reports of flames shooting as high as four storeys.

The Calgary Fire Department's Jeff Budai said the blaze was contained to the southwest portion of the Coca-Cola yard, and consisted mainly of pallets and empty syrup canisters.

metronews.ca

What's online today.

Video North American stock markets gains may be tougher to come by this week as investors await employment numbers, at metronews.ca/canada

Immigration Is a DUI conviction enough to keep you from crossing the border? Guidy Mamann has the answer at metronews.ca/immigration

Lotteries

Friday, Aug. 28

Super 7: 2, 10, 12, 33, 42, 44 & 45. Bonus 25.

Saturday, Aug. 29

Lotto 6/49: 9, 10, 26, 29, 32 & 37. Bonus 12.

These results are not official.



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The Canadian Human Rights Commission has ruled in favour of a Winnipeg pilot who was forced into retirement, CBC News Online reports. Raymond Hall is part of a group of Air Canada pilots called Fly Past 60, that formed to protest the company's mandatory retirement age of 60. **METRO NEWS SERVICES**

Canada/World

Liberals set to test mood

Senator says Grits won't provoke federal election over EI issue

Federal Liberals will get a detailed picture of the Canadian public opinion landscape during this week's caucus retreat in Sudbury, Ont. — a meeting bound to be pivotal in determining whether the country will go the polls yet again.

If the Sudbury polling presentation is any way similar to the one that the Ontario Liberals received last week — and chances are it will be given that it's coming from the same polling firm — then it might arouse some sober-

"I don't think there's a presumption that every time there's an opportunity to have an election that you have to do it."

Senator David Smith

ing second thoughts about provoking an election this fall.

Last week, in a closed-door presentation at the First Canadian Place offices of the Toronto Board of Trade, dozens of Ontario Liberal MPPs were treated to a presentation by Polara president Don Guy in

which they reportedly learned that it's been a good summer for Prime Minister Stephen Harper and the Conservative "brand."

From this, some provincial Liberals inferred that it hasn't been that great a summer for federal Leader Michael Ignatieff — and

that this fall might not be the best time to put this to a vote.

One such sign came late last week when Senator David Smith, one of the campaign chiefs, said flatly that Liberals weren't going to provoke an election over employment-insurance reform.

"I don't think there's a presumption that every time there's an opportunity to have an election that you have to do it. We still want to see Parliament work," he said.

TORSTAR NEWS SERVICE

News in brief

VISIT The sun shines, and audiences beam, for Bill Clinton. Or at least they did Saturday, when the skies cleared in time for the former U.S. president to address almost 12,000 spectators at BMO Field at the Canadian National Exhibition in Toronto. The speech was called "Embracing our Common Humanity," a theme and title Clinton has used in the past. But his words Saturday were tailored to a Canadian audience. He evoked Canada's First Nations to elucidate the urban-rural divide, spoke of its presence in Afghanistan, and referenced Alberta's oilsands with regard to climate change.

TORSTAR NEWS SERVICE

POLITICS Gary Doer, Canada's choice as the next ambassador

to the United States, is a pragmatist who is skilled at reaching out across partisan and international boundaries, according to friends and observers. Prime Minister Stephen Harper surprised political pundits Friday by selecting Doer, a member of the New Democratic Party who has served as premier of Manitoba for the past decade.

REUTERS

FIREARMS It's like an eBay for guns. When Mississauga, Ont.'s Dennis Hingsberg's website, GunAddicts.com, launches on Tuesday, Sept. 1, firearm lovers from across the country will be able to buy and auction off guns to their fellow enthusiasts.

TORSTAR NEWS SERVICE

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Dalai Lama pays visit to Taiwan

The Dalai Lama, a Tibetan spiritual leader reviled by China as a separatist, arrived in Taiwan yesterday for a hasty visit to comfort victims of a typhoon, testing the island's improved ties with Beijing.

China opposes the Dalai Lama's trips abroad and condemned Taiwan opposition leaders for inviting him last week to visit until Friday.

He will pray for victims of Typhoon Morakot, Taiwan's worst storm in 50 years, which killed up to 745 people.

Beijing-friendly Taiwan President Ma Ying-jeou, widely accused of a slow disaster response, allowed the Dalai Lama's visit, a populist move that he declined last year as ties with China were warming quickly after 60 years of hostilities. China has claimed sovereignty over Taiwan since 1949.



Exiled Tibetan spiritual leader the Dalai Lama and Kaohsiung Mayor Chen Chu greet the media as they arrive in Kaohsiung City in southern Taiwan yesterday.

The Dalai Lama, who fled Tibet in 1959 after a failed uprising against Chinese rule, flew from India to Taiwan's main international airport for a mass prayer and other religious

activities in storm-hit southern Taiwan.

"First, it's humanitarian," the Dalai Lama, wearing his signature orange robe, told reporters, describing his visit to Taiwan. He said be-

fore departure he had been invited by Taiwan's "people" and planned only to comfort victims of this month's typhoon, Taiwan's Central News Agency reported.

REUTERS

Thousands evacuated from Calif. wildfire

CALIFORNIA Gov. Arnold Schwarzenegger said an "out of control" wildfire in the Los Angeles foothills had forced the evacuation of thousands of homes and threatened 12,500 buildings in the heavily populated area.

The heat-driven fire nearly doubled in size over-night and has now burned 35,000 acres of bone-dry brush in the mountains above five towns, a 10-mile stretch from La Crescenta to

Threatened

• Three remote homes have been destroyed so far and some 10,000 others and 2,500 other buildings are in danger, as is Mount Wilson, the nexus for key telecommunications facilities, including TV and radio towers.

Pasadena, the California Fire Department said. About 10,000 homes are under evacuation orders.

"These fires are still to-

tally out of control," Schwarzenegger told reporters at the fire's command post in Lakeview Terrace.

"This is a huge and very dangerous fire. The fire is moving very close to homes and to structures."

The fire that started Wednesday above the exclusive community of La Canada Flintridge is only five per cent contained. The cause of the fire is being investigated.

REUTERS

News in brief

BOMBING Al-Qaida yesterday identified a militant who tried to kill Saudi Arabia's security chief on Thursday as Abdullah al-Asiri, a wanted suspect who entered from Yemen. A suicide bomber posing as a repentant militant blew himself up in the Jeddah office of Prince Mohammed bin Nayef.

ELECTION Japan's next leader Yukio Hatoyama led the Democratic Party of Japan to victory in an election yesterday, ending a half-century of rule by the Liberal Democratic Party.

REUTERS

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Comment

Brownie points and sibling rivalries

HineSight

Anne Hines

metronews.ca/hinesight

Today I came face to face with the truth about my own maturity level. In some 30 years of being an adult, the only thing I've grown out of is my jeans.

This morning, my sister

Keltie called. Our conversation went something like this:

Keltie: I've been thinking about the big family occasion coming up and ...

Me: Me! Me! I'll do everything! I'll cook! I'll clean! I'll get the gift and the card and the cake and my kids will hand-sew a banner and write a commemorative poem and ...

Keltie: What can I do to help?

Me: You can remind me what we're celebrating.

Keltie: Anne, are you sure you want to do all this?

Me: Would I offer if I didn't want to?

This is a ridiculous question. Of course I would. The fact is, though, there is one thing hosting this gathering that will bring me what I can't get anywhere else. Not quality time with my family. I'm talking about brownie points.

Loosely defined, in any group of siblings brownie points means, "Mom always liked me best but just to make sure, look, I've bought her a car." To acquire brownie points you simply need to one-up your

SunnySide

brothers and sisters in any small way. A sample scale is as follows:

Calling Mom even when you don't need her to babysit = four points.

Helping Dad organize the basement = six points (Add an additional two points for not saying, "Do you really need to keep your bowling score cards from 1948?" more than three times.)

Acting straight in front of great aunt Elsie = 1,200 points.

Producing grandchildren = 200 million billion points.

Years ago, I read a book entitled, *Siblings Without Rivalry*. Frankly, they might as well have called it *Living Without Breathing*. In most families, vying for parental approval seems to be the norm. I asked a family psychology expert why this is.

Learned doctor: In the early history of humankind, a child's need to establish their superior status in the affections of parents stemmed from his/her instinct to secure protec-

tion from predators.

Me: And in modern times?

Learned doctor: Now we're just brats.

I myself do not approve of petty competition between brothers and sisters. Unless, of course, I'm winning. But there's a bigger problem with brownie points. At the end of the day I have a sneaking suspicion Mom loves us all the same.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Views

Southeast BRT is step in right direction

InTransit

Adrienne Beattie

metronews.ca/intransit

A largely ignored one-quarter of Calgarians will travel a little more efficiently starting today with the introduction of the Southeast Bus Rapid Transit (BRT) service. The BRT will run 118 high-capacity (articulated, accordion-like) buses that will roughly mirror the route of the fu-

ture southeast LRT line.

Call it a poor man's version of the LRT. Call it what you like — I call it a step forward for our city.

Increased population and traffic congestion in this quadrant won't wait for the real thing — the southeast LRT line, which doesn't have any funding in place and isn't even in the plans for at least 10 to 20 years. And, so, enter the BRT.

This new Southeast BRT has more than \$20 million secured over the next four years to make transit a more reliable option, particularly for off-peak peri-

od riders and those traveling to industrial or other employment areas in southeast Calgary — transit users that have been overlooked in the past.

During peak periods, buses will run every 10 minutes or better and in off-peak periods, service will be every 20 to 30 minutes.

While the buses, unlike the LRT, will be competing with traffic, new priority signals using Opticom™ technology at most traffic lights will shorten a red or increase a green light when a BRT bus is coming.

The BRT will be similar

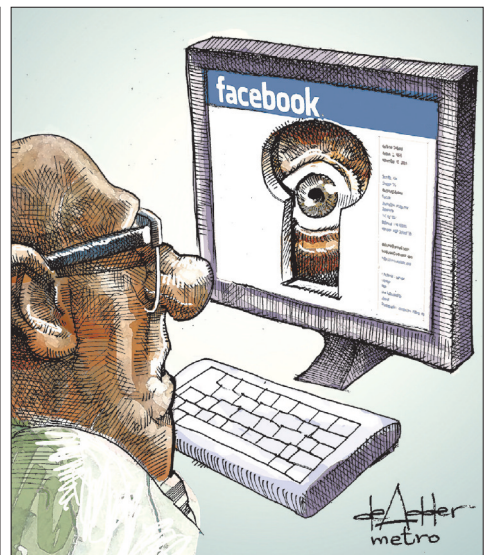
to the LRT in that the stops will be less frequent than the milk run experience of a regular bus route.

By 2012, electronic passenger information panels will display real time bus arrival information.

Today's inauguration of the southeast BRT is a sign that perhaps Calgary, too, is growing up and getting serious about some real, effective transportation solutions.

Let's hope so.

Adrienne Beattie is a Calgary-born writer who has covered urban issues since 2001 and has an English degree from the University of Calgary.



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About 9.3 million mobile phones are replaced in Canada every year, which equates to around 1,000 tonnes of landfill (and a bunch of nasty chemicals), according to Change The World for Ten Bucks: 50 Ways To Make A Difference. **TORSTAR NEWS SERVICE**

Going Green

EDITOR: FERMIN DESOUSA, FERMIN.DESOUSA@METRONEWS.CA



Saving time and space

U.S.-based Zigo Inc. says its Zigo Leader can convert from a stand-alone bicycle to one with front-attached kid trailer, left, to a stroller in under a minute. But saving time and space doesn't come cheap. The mom- or dad- powered system costs \$1,349 US. **METRO NEWS SERVICES**

School supplies go green

BACK TO SCHOOL Kids today are keen about the environment so it's only natural for them to want the greenest school supplies — from chipboard binders to biodegradable report covers.

In a recent Staples Canada and Angus Reid survey, 80 per cent of back-to-school shoppers said they are thinking about environmentally-friendly options for school supplies this season.

"Staples has always been

at the forefront of offering sustainable products. It's important for us as a low-cost operator to consider value and the environment," said Steve Matyas, president of Staples Canada.

With more than 2,000 eco-conscious products, Matyas says the retailer takes the health of the environment seriously. "Not only do we run the Recycle For Education pro-

gram, we've also helped to reduce the packaging of products being delivered to our stores."

Under the program, stores across Canada collect and recycle used ink and toner cartridges. Cartridges are dropped into recycling bins at the store and the retailer donates funds back to local schools.

Back-to-school shopping is one of those necessary expenditures so why not add value to the experience by investing in school supplies that are good for the environment.

NEWS CANADA

100 vow to remain car-free

CHALLENGE More than 250 city slickers in Canada, the U.S. and London, England, gave up their cars for a month, choosing instead to walk, bike, take public transit or use car-sharing service Zipcar in Zipcar's 2009 Low-Car Diet challenge that ended Aug. 15. And 100 plan to stay that

way after this year's annual program, up from 83 participants who made that commitment after last year's Low-Car Diet.

Key findings from this year's challenge:

- Respondents spent 67 per cent less on vehicle-related costs compared to the previous month.

- 59 per cent said it encouraged them to make other environmentally friendly changes such as recycling, eating more organic foods and reducing their at-home energy usage (like turning off lights).

- 47 per cent said they lost weight — a total of 413 pounds. **METRO NEWS SERVICES**

Mining initiative strikes a balance

EarthTones

Sophia Dore & Andrew Laursen



metronews.ca/earthtones

We think that environmental responsibility starts when activism meets pragmatism. In our youth, one member of this writing team was an industry-hating, tree-hugging, protest-walking, T-shirt-slogan-wearing environmentalist (of course, for balance, the other was a muscle car driving, resource guzzling, beer-slogan T-shirt wearing Alex P Keaton wannabe).

Upon aging, however we realize that, as appealing as it sometimes sounds, we can't just live in a cave and eat nuts and berries. Modern life requires stuff, stuff must be made of raw material that must be generated and needs energy and equipment to make it into the stuff we want and that requires industry. Furthermore, industry provides jobs, and is the backbone of communities. Therefore polluting industries cannot just be closed or fined out

of existence. We can only move forward by partnering with these industries and helping them to become environmental responsible and sustainable.

The mining industry is a case in point. Traditionally a very important part of Canada's resource based economy, it has historically been very bad for the environment. Hundreds of acidified lakes and dead trees downwind of Sudbury, Ont. are evidence of that.

Mines also produce a large amount of waste and leachate from this waste is often highly acidic and presents an environmental hazard. That said, we can't just stop mining. For the sake of the economy, of people and communities that depend on mining, and because we

ment, ecosystem risk management, and mine closure and rehabilitation.

Footprint reduction means "low impact" mining. Extracting metals etc. more efficiently and leaving more of what we don't need in the ground to generate less waste. Innovation in mine waste management is, of course, the development of new technologies to deal with, and mitigate the risks from mine waste. Ecosystem risk management involves understanding how contaminants from mines can affect the environment and therefore knowing what needs to be controlled. Mine closure and rehabilitation involves dealing with the 10,000 orphaned or abandoned mines that are the legacy of Canada's mining traditions.

Funding for the GMI is coming from the federal government as well as from the private sector (mining companies). The work will be done by CANMET Mining and Mineral Sciences Laboratories, Natural Resources Canada's research laboratories and through partnerships with other research entities such as universities.

We will watch with interest for the results of the GMI. If mining can be made environmentally benign then there is hope for us all.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.



need the raw materials to make stuff. We will need to go on extracting materials from the earth.

Natural Resources Canada is trying to strike a balance between environmental and industrial interests with their Green Mining Initiative (GMI). The GMI is intended as a holistic approach that addresses all mining issues. The four themes of the GMI are footprint reduction, innovation in mine waste manage-

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Affinity Bank adds to casualty list

U.S. bank regulators closed Affinity Bank of Ventura, Calif., Friday, the 84th U.S. bank to fail this year as economic weakness continues to take a toll on financial institutions. **REUTERS**

**Dealers warned on 'cash for clunkers'**

Ontario's regulator for auto dealers has warned that using the "cash for clunkers" phrase is deceptive and misleading. The Ontario Motor Vehicle Industry Council issued the warning recently and a cease-and-desist order against a group of GTA dealers at a local auto mall. On a website, the dealers offered up to \$4,500 to scrap old vehicles and buy new models, suggesting the offer was tied to a government program. **TORSTAR NEWS SERVICE**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Business in brief

NORTEL Bankrupt Canadian telecom equipment maker Nortel Networks Corp owes the United States Internal Revenue Service a staggering \$3 billion in taxes and interest, according to a claim filed in the company's bankruptcy case.

STEEL U.S. Steel is restarting the blast furnace at its Hamilton, Ont., mill after a nine-month shutdown, the company said on Friday, adding that demand for the metal was picking up.

WHIRLPOOL Whirlpool Corp plans to shut a plant in Evansville, Ind., and move some production to Mexico next year, a change that will eliminate about 1.6 per cent of the world's biggest appliance maker's workforce.

OIL OPEC is likely to keep oil production targets unchanged when it meets in September on expectations that demand will strengthen over winter as the global economic recovery gathers pace, a senior Gulf OPEC delegate said. **REUTERS**

Christmas already?

Boxes of red velvet Santas and pre-lit Christmas trees line the aisles at a Costco store in Toronto — right next to the barbecues left over from an unseasonably cool and economically challenging summer.

The Sears Christmas catalogue landed on John Williams's doorstep two weeks ago — the day after he got back from a warm summer holiday.

It seems Christmas is coming earlier every year, and some consumers are far from happy.

"It's disgusting," said Lori Yarrow, a Costco customer, last week. "People already complain it's too commercial. You come to Costco and overindulge and you think, 'It's August, and I should be buying for Christmas?'"

Not that long ago, con-



Shoppers still in their summer shorts pass by a Christmas display at Costco in Toronto last week.

sumers seemed surprised to see Christmas decor in the stores before Halloween.

This year, the season seems to have started well before Labour Day.

But after a disastrous Christmas last year and lacklustre sales most of

this year, many retailers are desperate to make up the shortfall in the final four months.

Holiday sales can account for as much as 40 per cent of annual sales, more for those who specialize in giftware.

TORSTAR NEWS SERVICE

BMO offers recession tips

FINANCE Bank of Montreal launched a program in June called SmartSteps to give clients practical tips on organizing their finances during the recession.

According to the program, branch staff must find a way to save customers money on the spot and in under 20 minutes.

Customers are given a small blue booklet that centres on five practical tips to lower fees, reduce interest costs and pay less money in taxes.

BMO developed the program after commissioning a survey earlier this year that found 79 per cent of

5 Suggestions

- Start an automatic savings plan.
- Control bank fees by choosing the right plan.
- Pay your mortgage bi-weekly to pay off the loan four years faster.
- Take advantage of the tax-free savings accounts.
- Avoid nasty penalties for insufficient funds through automated money transfers.

respondents reported they needed "immediate help" with money management during the economic downturn.

TORSTAR NEWS SERVICE

In brief

DUBAI Gulf states seeking farmland for food security are going underground as the deals, seen by many as land

grabs, risk tarnishing their reputation, an independent consultant advising the region on the deals said. **REUTERS**

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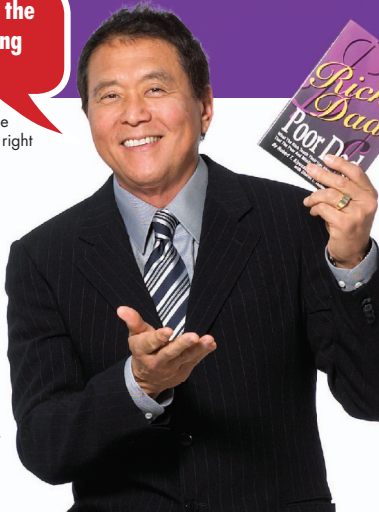
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Car Insurance Roadblock

Consumers concerned insurers don't want drivers with tickets or accidents

Worried Your Spotted Driving Record Means You've Got Nowhere To Turn For Car Insurance?

Don't be. While it's true that, all things being equal, your tickets and accidents make you a more expensive risk to insure than a similar car and driver with a clean driving record, that doesn't mean you should have trouble finding insurance — assuming you know where to look. Different insurance companies target different types of business and this is reflected in things like their claims service, marketing efforts, discounts, and most importantly for you, their rates.

Should I Just Accept That I'll Have To Pay A Bundle?

No. Sadly, this is a mistake many drivers make and it can be a costly one, especially if they don't bother to shop around for the lowest rate available. The key to finding the best rate, especially if you have tickets or accidents on your driving record, is to figure out which insurance company of the more than 20 in Alberta has the best rate for your particular situation. And with rates varying so wildly across companies, chances are you are not with the company that has the lowest rate for your profile right now.

Start Saving Your Money Now.

InsuranceHotline.com puts you in the driver seat by making insurance companies compete for your business. With quotes from over 20 of the top insurance companies, InsuranceHotline.com is the simplest and easiest way to make sure you aren't overpaying for your car insurance — and it's completely FREE to use. So what are you waiting for?

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at InsuranceHotline.com**

Kimi Raikkonen held off Force India driver Giancarlo Fisichella to win Formula One's Belgian Grand Prix, the Ferrari driver's fourth triumph at the track in the past five years. The former champion, who started sixth yesterday, overtook pole sitter Fisichella after the safety car came in following accidents on the opening lap. **METRO NEWS SERVICES**

Sports

EDITOR: CHRIS.CLEMENTS@METRONews.CA



More to come: Bolt

Fresh from setting a pair of world records, Usain Bolt, left, is ready to go faster. The Jamaican sprinter said yesterday that by analyzing his recent races, he will be able to improve on his record times of 9.58 seconds in the 100 metres and 19.19 in the 200. **METRO NEWS SERVICES**

Blue Jays Play at the plate



Boston's J.D. Drew scores around Toronto catcher Rod Barajas on an RBI single by Alex Gonzalez yesterday at Fenway Park in Boston. The Red Sox beat the Blue Jays 7-0.

Men's 8 take silver

New Canadian crews left looking for answers

Canada's predicament in the men's eight final at the world rowing championships was summed up succinctly by Olympic gold medalist Malcolm Howard:

"The truth of it is the Germans asked us the question in the middle of that race and we didn't have the answer for it," Howard said. They have plenty of time to find it between now and the 2012 London Olympics. Also, they aren't the only Canadian crew looking for answers.

It was a strong showing for the Canadian men's eight yesterday at Poznan, Poland, winning a silver medal behind the Germans with only two members returning from the squad that was dominant in winning Olympic gold last

"If you want to talk in terms of Olympic cycles, this is a fantastic start."

Mark Laidlaw, coxswain

summer. The Germans, looking for revenge after not making the final in Beijing, won by more than three seconds.

"If you want to talk in terms of Olympic cycles, this is a fantastic start," coxswain Mark Laidlaw of Mississauga said. "We've got a very strong group and a very enthusiastic group, which I think is even equally important as to how strong it is."

There was some disappointment among the other crews, particularly the lightweight doubles in which Doug Vantor of De Wittville, Que., and Cam

Sylvester of Caledon, Ont. were fifth in the men's race and Sheryl Preston of North Delta, B.C., and Lindsay Jennerich of Victoria were last among six in the women's final. The Canadian women's eight was also sixth. Both lightweight crews were expected to contend, but coach Mike Spracklen thought they succumbed to the pressure.

"They were capable of being amongst the leaders fighting for medals, but neither performed," Spracklen said. "It's unusual to get two boats that don't perform, but unfortunately that's what happened."

Spracklen was delighted to see the men's eight so competitive so soon after Beijing with a new crew and said he is confident the program is moving in the right direction under new high performance director Peter Cookson.

TORSTAR NEWS SERVICES

critics' corner

Sophie

Now, see, this is why one should never, ever burn one's bridges, especially in showbiz. A certain casting director was on the receiving end of some harsh treatment from Estelle (Sara Botsford) years ago. Now guess who needs work and has to make nice with said casting director. Judith (Mimi Kuzyk) has a new roommate: Ophelia (Chantelle Chung). Natalie Brown also stars in "The Casting Couch." 8:30 PM on CBRT



CMA Music Festival: Country's Night to Rock

Trace Adkins, Jason Aldean, Dierks Bentley, Brooks & Dunn, Kenny Chesney, Julianne Hough, Kid Rock, Lady Antebellum, Miranda Lambert, Martina McBride, Reba McEntire, Brad Paisley, Darius Rucker, Sugarland and Taylor Swift are scheduled to perform during this three-hour special culled from the perennial popular country music festival held in Nashville, Tenn., last June. Cameron Mathison hosts. 9 PM on KXLY

CA	VU	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
8/31/09	pr	time	267 351 - ACCESS	Alberta Primetime (Live)	Stargate Atlantis	Gossip Girl "Valley Girls"	Two/Half Men	Gary Unmarr	Primetime		
			243 317 - CFCN	etalk	Hollywood	CSI: Miami (HDTV)	Law & Order: Criminal Intent	Law & Order: Criminal Intent	CTV News		
			- 4 OMNI	Two/Half Men	The Simpsons	Omni News: S. Asian Edition	Omni News: Cantonese Edition	The Simpsons	King	Metropia	
			- 371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	CMA Music Festival: Country's Night to Rock (HDTV) (N)			
			245 306 6 CBRT	Wheel-Fortune	Jeopardy!	Little Mosque	Sophie (HDTV)	Comedy Fest.	Comedy Fest		
			244 338 7 CICT	ET Canada	Entertainment	Bones (HDTV)	House "Saviors"	CBC News: The National	The Hour		
			246 - 8 CKAL	Law & Order: SVU	Jeopardy!	Murdoch Mysteries	House "Saviors"	Lie to Me "Better Half"	News Hour		
			119 705 9 CBXFT	Des squelettes	La Petite vie	Les Galas 2008 du Festival	Bons baisers de France (SC)	Le Téléjournal et Les Nou	Your City		
			- 10 SHAW	(6) Local Programming				Local Programming	TJ Alberta		
			- 372 12 KREM	News	Hollywood	The Doctors (N)	How I Met	How I Met			
news	s	ports	500 500 29 CNN	NewsHour With Jim Lehrer	'Allo, 'Allo!	Steves Europe	Antiques Roadshow	History Detectives (N)	Inside		
			502 390 15 CBC	CBC News: The National	Princesses of the World	Jeopardy!	CBC News: The National	CBC News: The National	Princesses		
			- 370 16 KHO	News (N)	Be-Millionaire	Jeopardy!	Wheel-Fortune	Law & Order: Criminal Intent	Dateline NBC		
			- 373 22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	House "Saviors"	Lie to Me "Better Half"		
			297 652 37 WPIX	Gossip Girl "Valley Girls"	PIX News at Ten Tong.	Anderson Cooper 360 (HDTV)	Anderson Cooper 360 (HDTV)	Sex and City	According-Jim		
			508 502 31 CNN2	Jane Velez-Mitchell	Nancy Grace	Showbiz Tonight	SportsCentre	NASCAR Racing	Motoring 2009		
			400 400 21 TSN	(5) Tennis U.S. Open, Men's & Women's First Round.	(7-15) WWE Monday Night Raw	Survivorman	SuperCars	SuperCars	SuperCars		
			408 418 27 net	(6) MLB Baseball Toronto Blue Jays at Texas Rangers.	(7-15) WWE Monday Night Raw	Survivorman	SuperCars	SuperCars	SuperCars		
			410 403 30 SCORE	Survivorman	SuperCars	SuperCars	SuperCars	SuperCars	SuperCars		
			411 457 44 OLN	Survivorman	SuperCars	SuperCars	SuperCars	SuperCars	SuperCars		
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			555 545 67 TOON	Ben 10	Reba	Hope & Faith	Hope & Faith	6TEEN	6TEEN		
			575 583 11 CMT	Reba	Reba	Big Comedy	Big & Small	Max & Ruby	Babar		
			553 546 17 TREE	Little Bear	Bucket-Dinos	Big Comedy	Big & Small	Max & Ruby	Babar		
			- 18 CHTV	The Insider (N)	El News	Final 24	How I Met	How I Met	How I Met		
			505 398 19 TWN	(5) EarthWatch One	EarthWatch One	EarthWatch Two	EarthWatch Two	EarthWatch Two	EarthWatch Two		
			602 568 23 W	Style by Jury	Style by Jury	Old Christine	Friends	Friends	Style by Jury		
			521 560 24 TLC	Jon & Kate Plus 8 (N)	Ultimate Cake Off (N)	Jon & Kate Plus 8	Jon & Kate Plus 8	Jon & Kate Plus 8	Jon & Kate Plus 8		
			603 561 25 FOOD	Restaurant Makeover	At the Table	At the Table	Restaurant Makeover	Unwrapped	Unwrapped		
cable variety	e	able variety	615 520 26 A&E	Intervention "Marc" (N)	Intervention "Jeff"	Intervention "Jeff"	Intervention "Jeff"	Intervention "Jeff"	Intervention "Jeff"		
			617 522 32 SHOW	Trailer Park	Trailer Park	The Outer Limits	The Outer Limits	Disaster Zone: Volcano in New York (2006, Action)	Bones		
			601 562 33 SLICE	Nearly Dead	Nearly Dead	In Laws	In Laws	ET Canada	Til Debt-Part		
			- 633 34 ENC2	(7-15) The Revolving Doors ** (1988, Drama), Miou-Miou	Bravonews	McLauchlan	Law & Order	Law & Order	Law & Order		
			520 505 35 DISC	Dirty Jobs (N)	Dirty Jobs (N)	Bravonews	McLauchlan	Law & Order	Law & Order		
			620 523 36 BRAVO	Crossroads of Rock 'N' Roll	Crossroads of Rock 'N' Roll	Crossroads of Rock 'N' Roll	Crossroads of Rock 'N' Roll	Crossroads of Rock 'N' Roll	Crossroads of Rock 'N' Roll		
			294 650 40 WPCB	Air Force One *** (1997, Suspense)	Harrison Ford, Gary Oldman.	Air Force One *** (1997, Suspense)	Harrison Ford, Gary Oldman.	Air Force One *** (1997, Suspense)	Harrison Ford, Gary Oldman.		
			626 547 41 COM	Laughs	Comedy Now	Air Force	22 Minutes	22 Minutes	Comedy Now		
			- 539 42 TCM	Spy Who Came in From Cold	The Haunting *** (1963, Horror)	Julie Harris.	Julie Harris.	Julie Harris.	Julie Harris.		
			628 584 43 SPIKE	Pros vs. Joes	Pros vs. Joes	Pros vs. Joes	Pros vs. Joes	Pros vs. Joes	Pros vs. Joes		
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			627 528 46 SPACE	Buffy the Vampire Slayer	Mad Men	Mad Men	Mad Men	Mad Men	Mad Men		
			- 47 AMC	Buffy the Vampire Slayer	Mad Men	Mad Men	Mad Men	Mad Men	Mad Men		
			619 525 49 TROP	Carlawood	Carlawood	Carlawood	Carlawood	Carlawood	Carlawood		
			600 564 50 HGTV	Marriage	My First Place	Marriage	My First Place	Marriage	My First Place		
			501 391 52 CTV	CTV News Tonight	CTV News	CTV News	CTV News	CTV News	CTV News		
			504 508 70 BNN	Taking Stock	The Closer	Market Call	Market Call	Market Call	Market Call		
			526 507 92 VIVA	The Closer	Da Vinci's Inquest	Da Vinci's Inquest	Da Vinci's Inquest	Da Vinci's Inquest	Da Vinci's Inquest		
			269 503 93 APTN	MYTV	The Mix	MYTV	The Mix	MYTV	The Mix		
			- 94 MCPM	World News	World News	World News	World News	World News	World News		
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Federer eyeing U.S. Open record

TENNIS Roger Federer and Serena Williams will begin the defence of their U.S. Open titles at Flushing Meadows today, while Kim Clijsters returns to grand-slam tennis for the first time in two years.

World No. 1 Federer, chasing a modern-day record sixth straight title at Flushing Meadows, plays American wild card Devin Britton in the first round in his first grand-slam event since the birth of his twin daughters last month.

The Swiss, bidding to add the U.S. Open to the French Open and Wimbledon titles won earlier this year, is hoping to equal the mark set by Bill Tilden in the 1920s. Moreover, Federer can extend his record of grand-slam wins to 16 by winning in New York.

It is a far cry from 12 months ago when he arrived in New York without having won one of the first three grand slams for the first time since 2002.

REUTERS

Bees fill in for Boras

Baseball agent Scott Boras always creates a buzz. A swarm of bees invaded his dugout-level suite at Angel Stadium yesterday, though Boras didn't appear to be at the game between Los Angeles and the Oakland Athletics. The bees occupied his front-row seats directly behind home plate for the first two innings. **METRO NEWS SERVICES**

sports 11**Sports in brief**

NHL Free agent forward Alex Tanguay is reportedly close to joining the Tampa Bay Lightning. RDS reports that the club has agreed to terms on an undisclosed contract pending Tanguay's passing a physical. The 29-year-old posted 16 goals and 41 points in 50 games for the Canadiens a year ago, in his one and only season in Montreal.

BASKETBALL Andrew Rautins dished up six three-pointers, but it wasn't enough as Canada wrapped up preliminary-round play at the FIBA Americas basketball tournament with a 90-70 loss yesterday against host Puerto Rico. With the loss, Canada falls to third in the Group A standings with a 2-2 record while Puerto Rico (4-0) leads the group unbeaten. Uruguay finished second and Mexico fourth. Round robin action begins tomorrow with Canada taking on Argentina.

NASCAR Carl Edwards won the NAPA Auto Parts 200 in Montreal, while local favourites Andrew Ranger and Jacques Villeneuve finished third and fourth at the NASCAR Nationwide event yesterday at Circuit Gilles Villeneuve.

SOCCER Emmanuel Adebayor scored his third goal in as many Premier League matches to give Manchester City a 1-0 win at Portsmouth yesterday, maintaining the club's perfect start to the season. Also yesterday, Everton rallied to beat Wigan 2-1 as Leighton Baines converted a 90th-minute penalty against his former club. In yesterday's late match, Aston Villa bested Fulham 2-0.

BASEBALL Zack Greinke pitched a one-hitter, allowing only a second-inning single by Kenji Johjima, and the Kansas City Royals beat the Seattle Mariners 3-0 yesterday. Greinke (13-8) retired the final 22 batters after Johjima's two-out single up the middle.

BASEBALL The Los Angeles Angels bolstered their pitching roster by acquiring left-handed starter Scott Kazmir in a trade with the Tampa Bay Rays, the Angels announced on their website on Friday. The American League West-leading Angels sent two minor league prospects along with a player to be named later in exchange for the 25-year-old Kazmir, who helped lead the 11-year-old Rays to a first World Series appearance last season.

BASEBALL California fell behind early, but rallied to beat Taoyuan, Taiwan, 6-3 yesterday to win the Little League World Series. With the win, the United States now has five straight titles.

NFL Teddy Bruschi will reportedly retire today after a 13-year career marked by an inspiring return to the New England Patriots as a starting line-backer eight months after a stroke.

METRO NEWS SERVICES

Slocum wins Barclays by one

Unheralded American Heath Slocum won the Barclays Classic by one stroke yesterday after rolling in a 21-foot putt to save par at the last and finish ahead of four heavyweights, including Tiger Woods.

The 197th-ranked Slocum, who holed out from 158 yards to eagle the 442-yard par-four fifth, posted a final-round 67 for a nine-under-par 275 total at Liberty National.

"It was an incredible

day, an incredible week," Slocum told reporters. "The putt on the last was magical. I'll remember that for the rest of my life."

Tied for second on 276 were Woods, who shot a 67, triple major champi-

ons Ernie Els of South Africa (66) and Padraig Harrington of Ireland (67), and American Steve Stricker (69).

Sweden's Fredrik Jacobson and American Nick Watney were tied for sixth on seven-under-par 277.

Stricker came to the par-four 18th tied with playing partner Slocum on nine-under.

Mike Weir of Bright's Grove, Ont., shot 71 to finish tied for 33rd. Calgary's Stephen Ames missed the cut.

REUTERS

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Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

The double standard

Studies show women thriving and men aren't adapting

RAFAEL BRUSILOV
for Metro Canada**As equality in the workplace becomes less elusive for women, inequalities in home life still threaten to hold them back.**

Reports from Statistics Canada show that while men are doing more household chores and women are doing more paid work, men still spend only 1.4 hours per day on housework compared to the 2.4 hours on average done by women.

The result is that while women have continued to break down barriers in the workplace, they still face the challenge of having to do more work at home than men as well as a double-standard of being seen as innately overstretched by their responsibilities.

When Ontario Superior Court judge Douglas Cunningham told a courtroom in August that he felt Ontario MPP Lisa MacLeod's testimony in the corruption trial of Ottawa mayor Larry O'Brien was unreliable because she had "a number of rather significant things going on in her life," including taking care of her kids, many in the public and the media took that to mean he didn't think a busy woman could give reliable testimony.

Carissa Reiniger, president of Women Entrepreneurs of Canada, says while the context of the judge's comments is still

up to debate, the perception of working women as less competent at juggling complex lives than men is a common one that boils down mostly to changing gender roles, primarily being changed by women.

"If you look at what's happened in the last 60 years, women have put a lot of time and effort into adjusting their role, to entrench themselves into what have traditionally been masculine roles but often they still have to take care of the family,"

Reiniger said.

Reiniger says most of the tension comes from the fact that while women have made inroads into the previously male-dominated world of business, men have not made as big of an encroachment into traditionally female roles.

"Many men are quite supportive of women in the workforce but they generally have not, with the same level of

"Unfortunately for a long time the stereotype has been that you've got to be a horrible person as a woman to succeed like a man. That's not true."

Women Entrepreneurs of Canada President Carissa Reiniger

tenacity, said 'I want to be a part of the home life.' They've been bombarded by the shift in women's roles but their own role hasn't shifted much," Reiniger said.

Reiniger hopes attitudes will change as people realize that business and familial traits are not gender related at all.

"It's not a sob story to say that women do often have to make a tough choice between working hard and trying to raise a family, though many do so extremely effectively. Unfortunately for a long time the stereotype has been that you've got to be a horrible person as a woman to succeed like a man. That's not true," Reiniger said.

**OddJobs****Diane Peters**

Will return



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Preston not ready to talk about son

Kelly Preston is pulling out of the annual Women's Conference, where she was to break her silence about the death of her teenage son with John Travolta. The actress said in a statement Friday that she is "still deeply in the process of healing, and it's just too soon." **POPEATER.COM**

13

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Blunt to wed

Emily Blunt and John Krasinski are set to wed. The British actress, 26, and *The Office* star, 29, have been dating since November, following her split from crooner Michael Buble. **FEMALEFIRST.CO.UK**



Box office

Following are the top 10 films at the North American box office for the three-day weekend beginning Aug. 28, according to studio estimates compiled Sunday by Reuters:

- 1 The Final Destination:**
\$28.3 million US
- 2 Inglourious Basterds:**
\$20 million
- 3 Halloween 2:**
\$17.4 million
- 4 District 9:**
\$10.7 million
- 5 G.I. Joe: The Rise of Cobra**
\$8 million
- 6 Julie & Julia:**
\$7.4 million
- 7 The Time Traveler's Wife:**
\$6.7 million
- 8 Shorts:**
\$4.9 million
- 9 Taking Woodstock:**
\$3.7 million
- 10 G-Force:**
\$2.8 million **REUTERS**

Gay ol' time in fall

New Paradise Falls turns up the quirky

IAN JOHNSTON
for Metro Canada



Paradise Falls is going gay — more gay — proudly promoting its third season on Showcase as "the gayest CanCon on TV."

"That's hilarious. That's funny. I hadn't heard that," says series regular Salvatore Antonio, who plays gay B&B owner Sasha on the prime time soap. "But that is one true statement. The show is kind of like *Twin Peaks* meets *Desperate Housewives* meets *Queer as Folk*. It's one quirky show."

Quirky is a good word to describe *Paradise Falls*. Long before the conniving cougars arrived on Wiste-

ria Lane, *Paradise Falls* was offering up a heavy dose of cottage-country bad behaviour — all done with a sly wink.

"I think what sets it apart from the usual soap is that it doesn't take itself seriously," says Antonio, who joined the show in its second season. "It has humour but it also deals with serious issues. But yeah, we are taking the piss out of a lot of stuff."

Not surprisingly, *Paradise Falls* hasn't had a typical broadcast life on TV either.

Though this is its third season, the show first aired in 2000. This season was in fact filmed in 2007, and has already aired in the U.S. on

Here-TV.

Co-creator/writer Paula Smith says the sporadic broadcast history has proven a creative plus for the show. "It's allowed us the time in between to regroup and reinvent the show," she says. "I think a lot of journalists who didn't like the show in the beginning might be surprised we're still around 104 episodes later."

Smith says the increase in gay characters and storylines came about gradually and is, in part, an acknowledgement of its audience



Paradise Falls returns for its third season Sept. 2 on Showcase.

Paradise Falls, now entering its third season, has "become much more gay as we've gone along," says series co-creator and writer Paula Smith.

at the gay-oriented Here-TV.

"I think when we first began it was more like 10 per cent of the show, but we've become much more gay as we've gone along," she says. "But it's still the same show."

We're still taking the soap opera conventions and turning them on their ear."

That includes a third season opener featuring a gay wedding that threatens to turn into a ménage-a-trois before the honeymoon is even over.

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Coldplay's Chris Martin has a major pet peeve: People who whine about their success. "I hate people who complain about being famous," Martin said, according to Showbiz Spy. "I've got my dream life at the moment. I'm not going to complain ..." **METRO WORLD NEWS**

Celebrity Buzz

Mark recalls being 'Bad'

BOYS BEHAVING BADLY Celebrating the life of Michael Jackson, DJ and producer Mark Ronson fondly remembers hanging out with the singer in New York during the *Bad* tour with pal Sean Lennon. "He had an after-party at his hotel room at the St. Regis and we were making soggies — toilet paper made into a wet ball — and chucking them from the penthouse," Ronson, who was around 12 at the time, told the New York Post.

"It was a terrible, bratty thing to do. But (Michael) did it, too. He was definitely encouraging us. It was pretty cool."



METRO WORLD NEWS

Celebrity tweets

Diablo Cody gets rebellious a few years late and **Miley Cyrus** has trouble living without modern conveniences.

• @diablocody I wasn't allowed to have Crystal Light as a kid, but now I have it every day. In your face, Mom! GLAMOUROUS DIET DRINK!

• @mileycyrus The A/C is broken in my house :(Can't sleep in this sauna of a room! Ahh.

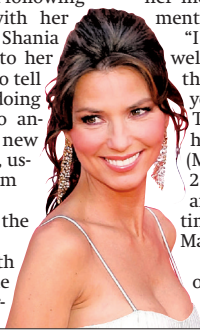


METRO WORLD NEWS

Shania's new outlook on life

STARTING FRESH More than a year after splitting from her husband following his affair with her best friend, Shania Twain took to her official site to tell fans she's doing great and to announce her new relationship, *us-magazine.com* reports.

On Friday, the country singer's 44th birthday, she posted a per-



sonal letter and a 15-minute video travelogue of her most memorable moments from the past year. "I feel very alive and well, ready to take on the gift of another year," Twain wrote. The star split from her husband, Robert (Mutt) Lange in May 2008 after he had an affair with her longtime best friend, Marie-Anne Thiebaud. "I consider myself on a journey of discovery and recovery," she said of life post-split. "I don't accept to be held down by the past, nor do I expect too much of the future."

Who is accompanying Twain on that journey? Thiebaud's ex-husband, Frederic Thiebaud, whom Twain calls "a dear friend and true gentleman."

"We leaned on one another through the ups and downs, taking turns holding each other up. We've become stronger and closer through it all."

METRO NEWS SERVICES

Celebs go wild in bar brawl

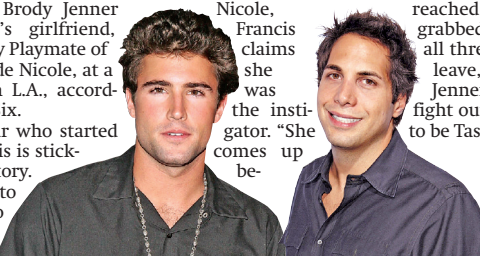
FIGHT FIGHT FIGHT! Girls Gone Wild honcho Joe Francis got into a bar brawl with Brody Jenner and Jenner's girlfriend, 2008 Playboy Playmate of the Year Jayde Nicole, at a nightclub in L.A., according to Page Six.

It's unclear who started it, but Francis is sticking to his story. "I'm going to the police to file assault

charges," said Francis. While Jenner told TMZ that Francis attacked Nicole, Francis claims she was the instigator. "She comes up behind me, pushes me, and then dumps a glass of champagne on me, so I reached around and grabbed her hair." After all three were asked to leave, Francis says Jenner continued the fight outside — and had to be Tasered by security.

Jenner continued the fight outside — and had to be Tasered by security.

METRO WORLD NEWS



Mom thanks fans for support

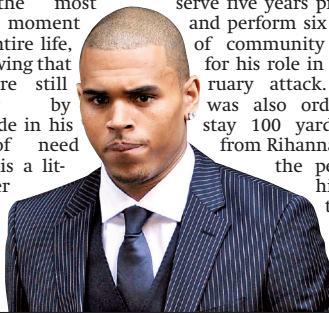
ON SON'S BEHALF Just days after Chris Brown was formally sentenced for beating Rihanna, his mother finally addressed fans about the ordeal, *popeater.com* reports.

"I just want to say from the bottom of my heart thank you for your continued support. I'm sorry I wasn't allowed to speak to anyone as this case was ongoing," Joyce Hawkins wrote on thechrisbrown-fanclub.com.

"I can now say this has been the most painful moment in my entire life, but knowing that you were still standing by Chris' side in his time of need made this a little easier for us," she added. Last week, a

judge ordered Brown to serve five years probation and perform six months of community service for his role in the February attack. Brown was also ordered to stay 100 yards away from Rihanna during the period of his probation.

METRO NEWS SERVICES

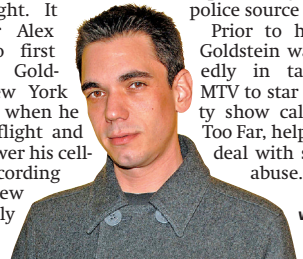


Details of DJ AM's death emerge

TRAGIC END As friends and loved ones react to the death of DJ AM, whose real name was Adam Goldstein, details about his tragic end are coming to light. It was actor Alex Burn who first rushed to Goldstein's New York apartment when he missed a flight and didn't answer his cellphone, according to the New York Daily News.

After calling police to break the door down, they reportedly found Goldstein face down on his bed, with a crack pipe and prescription drugs nearby, a police source says.

Prior to his death, Goldstein was reportedly in talks with MTV to star in a reality show called *Gone Too Far*, helping teens deal with substance abuse.



METRO WORLD NEWS

Romance rumours justifiable

THAT TOTALLY MAKES SENSE "Robert and I are great friends but I understand why you would assume that, when we lean on each other for support, there must be something more."

The actress has been continuously romantically linked to her *Twilight* co-star and although she admits they are "close," Stewart claims they are just pals. She said:

"Robert and I are great friends but I understand why you would assume that, when we lean on each other for support, there must be something more. "And I'm not criticizing anyone for thinking it either. If anything, they're really perceptive because they can see a closeness."



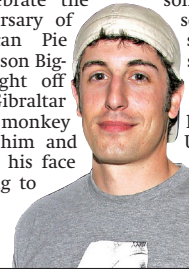
METRO NEWS SERVICES

Jason attacked by monkey

MAYBE IT WASN'T A FAN? While on a backpacking trip to celebrate the 10th anniversary of the American Pie film, actor Jason Biggs was caught off guard in Gibraltar when a monkey jumped on him and tried to bite his face off, according to Gatecrasher.

"Jason's travelling

companions managed to fend the beast off and Jason thankfully wasn't seriously hurt, just shaken up," a source said. Biggs reportedly ended his trip early after the attack and headed back to the United States.



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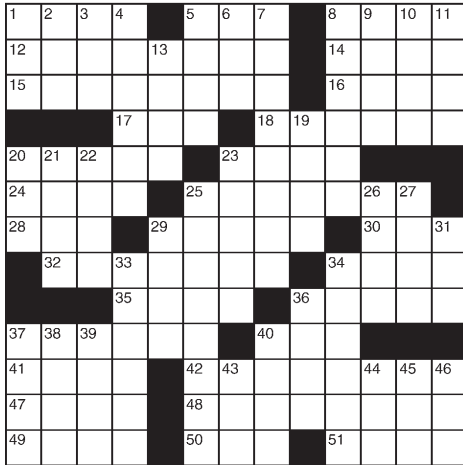
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ACROSS

- 1 Ali —
- 5 Spanish article
- 8 Surrounded by
- 12 Plentiful
- 14 Paddock papa
- 15 Morning-after woe
- 16 PC picture
- 17 Meadow
- 18 The same amount
- 20 Peptic problem
- 23 One-time Yugoslav leader
- 24 Twosome
- 25 Exceed a limit
- 28 Hot tub
- 29 Get more magazines
- 30 Rotation duration
- 32 Hollow quick bread
- 34 Stupor
- 35 Falsifier
- 36 GSN telecasts
- 37 Preserve to protect from decay

- 40 Diving bird
- 41 Change
- 42 Sweater type
- 47 Birthright barterer
- 48 Volcanic boom
- 49 Flight component
- 50 Poorly lit
- 51 Actress Paquin

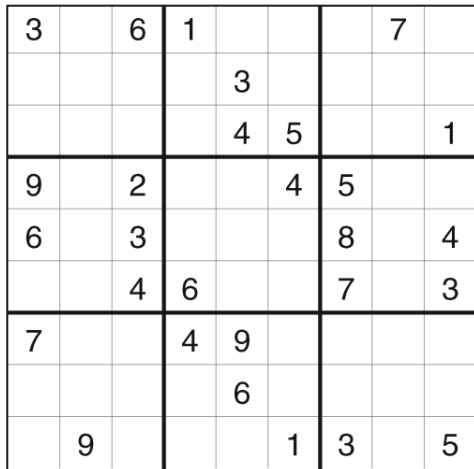
DOWN

- 1 Scrooge's cry
- 2 Lawyers' org.
- 3 Chignon
- 4 Fisherman
- 5 Outflow from
- 48-Across
- 6 Indivisible
- 7 Sieve
- 8 I, Robot author
- 9 Isinglass
- 10 Press
- 11 Say it isn't so
- 13 Active person
- 19 Pack cargo
- 20 Boom times
- 21 Arctic European
- 22 "Arrivederci"

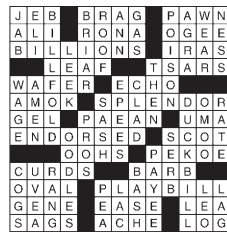
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



3	4	9	6	7	2	1	8	5
5	6	1	8	3	9	4	2	7
8	2	7	4	5	1	3	6	9
7	3	8	1	9	6	2	5	4
9	5	4	7	2	8	6	3	1
2	1	6	3	4	5	7	9	8
4	9	3	2	8	7	5	1	6
6	7	5	9	1	3	8	4	2
1	8	2	5	6	4	9	7	3

On the web

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Metro Recipe of the Day



Fennel Stuffed Cod

INGREDIENTS:

- 1 cup (250 ml) plain yogurt
- 2-1/4 cups (550 ml) finely chopped fennel fronds, divided
- 1 tsp (5 ml) lemon juice
- 1 tsp (5 ml) snipped chives
- 1/8 tsp (0.5 ml) salt, optional
- 1/8 tsp (0.5 ml) pepper
- 2 celery ribs, chopped
- 1/4 cup (50 ml) chopped onion
- 2 to 4 tbsp (25 to 60 ml) vegetable oil
- 4 cups (1 l) stuffing croutons
- 1 cup (250 ml) chicken broth
- 2 eggs, beaten
- 4 cod or flounder fillets
- 1 medium lemon, sliced

METHOD:

1. For sauce, combine yogurt, 1/4 cup (50 ml) of fennel, lemon juice, chives, salt if desired and pepper in bowl. Cover and

- refrigerate 2 hours or overnight.
2. In small skillet, sauté celery and onion in oil until tender. Remove from heat. Stir in croutons, broth, eggs and remaining fennel. Spoon about 1 cup (250 ml) stuffing mixture onto each fillet; roll fish around stuffing.
3. Transfer to greased 2-qt. (2-l) baking dish. Top each with lemon slice. Bake, uncovered, at 350 F (180 C) 30-35 minutes or until fish flakes easily with fork and thermometer inserted into stuffing reads 160 F (71 C). Serve with fennel sauce.

SERVES 4

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Horoscopes by Sally Brompton sallybrompton.com

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ARIES
MARCH 21-APRIL 20



Your thoughts may be rather heavy as the new week begins but that's good in that you need to get serious about what you're going to be doing.

LIBRA
SEPT 23-OCT 23



Don't take anything too seriously today. The planets indicate it will be hard to see the good things if you focus too readily on the bad.

TAURUS
APRIL 21-MAY 21



Are you the victim of a plot or whispering campaign? Maybe, but more likely it is just your imagination playing tricks on you again.

SCORPIO
OCT 24-NOV 22



You would dearly like to help someone who is struggling but you know if you do they will never learn to look after themselves.

GEMINI
MAY 22-JUNE 21



You may find it hard to understand why certain people act in certain ways, but there is no point getting uptight about it because they won't change.

SAGITTARIUS
NOV 23-DEC 21



You will have to work hard as the new week begins, mainly to catch up on all the things you should have done last week.

CANCER
JUNE 22-JULY 22



Don't give up on a project just because you suspect the results will be less than you hoped for. Having come so far it would be a shame to abandon it now.

CAPRICORN
DEC 22-JAN 20



Are you making the most of your time? That's what you need to ask yourself as the new week begins. The planets indicate you've let things slip.

LEO
JULY 23-AUG 23



You will start the week with high hopes but it won't be long before you realize that there are some serious obstacles up ahead.

AQUARIUS
JAN 21-FEB 18



You may be tempted to tear down everything you have achieved and start again from scratch, but is that necessary? Don't junk the essentials.

VIRGO
AUG 24-SEPT 22



The planets indicate someone annoyed you over the weekend and you're determined to get back at them. But they're not worth the effort. Let it pass.

PISCES
FEB 19-MARCH 20



The cosmic setup means it's natural for you to worry, but don't let it get out of hand. This week you'll see you're on the verge of a breakthrough.

WORDY GURDY®
BY TRICKY RICKY KANE

1. Mouse Jerry foe's school dances (1)
2. Dog Otis's partner's farm buildings (2)
3. Weak cartoon cat with Ren (2)
4. "9 Lives ad cat, meet actress Day" (2)
5. Three little baby cats' winter wear (2)
6. Boots-wearing cat's downhill ski runs (2)
7. Stress applied by a smiling Wonderland cat (2)

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

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